

Lesson 6

Theme: Sharing a Holy Meal



Learning Objectives:

By the end of this lesson, your child should be able to:

- Remember that Jesus is the Bread of Life.
- Understand why the Eucharist is a sharing in the gift of Jesus.
- Understand why at Mass the bread and wine become the Body and Blood of Christ.

Key Words

1. Holy Communion
2. Lord's Prayer
3. Sign of Peace
4. Lamb of God

- **Looking Ahead:** PARENT ED #7 – April 15, 2015
- If your child has to miss Mass, please fill out backside of questionnaire and turn in.

PARENTS: Keep in Mind

Eating sustains life. Because we are social beings, we often eat in the presence of others. This reinforces our bonds of friendship. Jesus understood human nature, and used bread to remind us of our dependence on Him as our source of life. The Eucharist brings us into a deep and profound union with Christ and with each other as we await the promise of eternal life. Wine is often used when making a toast on a special occasion. When we drink the Blood of Christ in Holy Eucharist, we are indeed celebrating something truly special – the sacrifice of Jesus on the Cross.

✚ DISCOVERING THE SACREDNESS OF MEALTIME

The heart of our faith and worship is the Eucharist. We gather at the Lord's table as brothers and sisters in Christ to be nourished by Word and sacrament. Make sure that the children understand that although family meals are special, the Mass is a very sacred meal that is very different from the ordinary meals that they eat at home.

GROWTH AND DEVELOPMENT

1. ***When Children at this age still struggle with sharing.*** Provide many opportunities for the children to share their supplies and resources, and praise them when you see them sharing with one another.
2. ***Children at this age are literal.*** Help them understand that even though the bread (host) still looks like bread, and the wine still looks like wine, our faith tells us that they have now, truly, become the Body and Blood of Christ.

Preparatory Thoughts:

- What does it mean for you to share the Body of Christ with others in your parish?
- This week, what sacrifices were you called to make? How did you respond?

Daily Prayer:

Lord Jesus, may I share my love for Eucharist with these children in such a way that they, too, may know You as the Bread of Life. AMEN

PARENT & CHILD LESSON 6

Your child's prayer progress is posted outside their classroom. Please keep up practicing their prayers with them (even if they have their star)! As we approach May, please be mindful of upcoming dates: April 22 – we'd like all banners turned in & our mandatory Communion Retreat Date will take place on May 2nd. ☺

Day One: The Lunch

Talk with the children about field trips that they have taken at school. Explain to them that often children take bag lunches with them on field trips. Why?

- Read the story & discuss the questions in the gold box.
 - ✓ Practice the Sign of the Cross and Guardian Angel prayer.
 - ✓ This week, please focus on family time and sharing family meals – preceded by saying Grace together & offering each other PEACE.

Day Two: Sharing with Others

Before reading the bible story with your child:

- Briefly explain that this is a story from the Gospels about eating a meal and sharing with others.
- Talk to your child about the importance of bread in most cultures throughout the world. Explain that in Jesus' time, bread was an important food staple.

After done, discuss this question & those in LETS TALK box:

- What can you do to share food with those who are hungry?
 - ✓ Practice the Sign of the Cross and Glory Be.
 - ✓ As a family, say Grace before meal: **Bless us our Lord, in these thy gifts which we are about to receive from your bounty through Christ our Lord. AMEN**

Day Three: A Meal of Sharing

- After reading these pages, discuss the meaning of the key words in bold.

Complete Activity

Practice Sign of Peace w/family throughout the day & practice receiving the Eucharist: What is the boy/girl don't wrong in the pictures on page #94 & #95? **RAISE YOUR HANDS UP**

- ✓ This weekend, make note of how others are receiving Communion – How do they approach the altar? Do they bow before receiving Jesus?, Do they raise their hands up?, Do they bless themselves afterwards?

Day Four: Ways to Share

- Read Catholic Practices
- Complete activities in workbook & attached worksheet.

(WS ANSWER: Our Father, Who art in heaven, hallowed be Thy Name; Thy Kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.)

- ✓ Plan to do something special for a friend tomorrow.....

Day Five: Wrap Up

Talk about the importance of sharing. Perhaps donate a few cans of food to FISH OR plan to attend FRIDAY NIGHT COMMUNITY SUPPER (5:30-6:30pm/Friday)

- ✓ Home & Family activities are optional, but recommended.

